

90 days??(gulp) What's the big deal?

Posted by Luria - 26 Oct 2009 19:30

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So I decided to start this log to keep track of where I am holding in my new goal of 90 clean days. I've had a tough but rewarding time since I've started and thought my sharing how I'm doing could help others in the same boat as myself. Meanwhile, everyone's feedback can definitely help me. I figured I'd wait about a week in before starting to post. I started writing this and just checked - Im only up to **2 days**!! :( :( My previous best is 75 so I definitely got a long way to go.

But the "advantage" of having started and then fallen so many times is that I know how difficult these first few days are. Otherwise I don't know how I would've lasted until now. But this time is gonna be different!! I got all the GYE tools and tips - and this whole awesome community right here so I'm banking on that to help me make it!!

Day 1 was surprisingly easy but Day 2 was a perfect example of where I would have fallen before finding this website. Throughout the day, from doing work to lying in bed my whole body was just screaming for release. There were a few times it got so bad I couldn't focus at all anymore - I really felt like I was drugged.

And thats when my good old friend (the y"n) started speaking -

"Come on, you aren't even 2 full days in. You picked a bad time to start being clean - your body can't physically do it right now. Its not any fault of your own. You can start clean tomorrow."

"Look at what this staying clean is doing to you. Hashem knows you can't fight this. This is obviously a test you weren't meant to pass."

"Look at yourself. You're a wreck. You know the Possuk says V'chai Bo'hem. Hashem wants you to live a normal and enjoyable life - not to be in pain like this. "

This is the point that I have always fallen before. I am a fighter and I always will be. Its just my nature. But I've always lost the fight when the lust gets this bad - when I can't focus or get

anything done. And the only way is just to give in to my taaivos "just one last time".

So I did something I have never done before and it actually worked!! When I first read the GYE handbooks and joined the forum I saw this strategy and said "Lame. Not for me. Giving up and admitting you're too weak to fight? That's for wimps. Nothing can control anyone so much that they can't beat it." But there were a few times yesterday that I was literally tearing out my hair to stop myself from sinning. So what did I do?

I just closed my eyes and said "Hashem, I can't do this on my own any more. You know that I have tried fighting in these type of situations and lost time and time again. Please! I need You to help me through this."

I did this at the four or five times during the day when my taaivos felt unbeatable and Hashem was really there for me!!

Its funny because I am not the type of person that "talks" to Hashem outside of davening. Interestingly, I don't think I ever would have reached that level of feeling close to Hashem if it wasn't for reaching that low level of having nowhere else to turn.

And this is after 72 hours clean!!

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Re: 90 days??(gulp) What's the big deal?  
Posted by silentbattle - 10 Feb 2010 17:05

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Sometimes we need a fall to remind us of what everything's all about.

You know what it's all about, so just keep moving! ;D

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Re: 90 days??(gulp) What's the big deal?  
Posted by imtrying25 - 10 Feb 2010 21:37

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Luria please hang around more often!!!!

I guess i just have this feeling for my good old friends!!!

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Re: 90 days??(gulp) What's the big deal?  
Posted by Luria - 11 Feb 2010 01:31

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[imtrying25 wrote on 10 Feb 2010 21:37:](#)

Luria please hang around more often!!!!

I guess i just have this feeling for my good old friends!!!

Thanks! Believe me I wish I could. Work was crazy busy but looks like its easing up so hopefully I will. Believe me I gain more than I give. But Im ok with that 8)

But either way - I cant get over it. Ever notice how you don't really realize that kids are growing if you are always around them, as there are just tiny incremental height changes each day . But if you don't see them for a while and then see them again - then that's when you notice it.

Well its the same with this forum - you guys probably dont realize it because you are here most days, but I was gone for about a month and I am amazed at how much it has grown in that time!!

It's beautiful... Kol Hakavod LaTzahal - this is the true army of Hashem!!

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Re: 90 days??(gulp) What's the big deal?  
Posted by imtrying25 - 16 Feb 2010 13:03

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With you as one of its honarary soldiers!!!!!!!!!!!! Keep it up luria!!!!

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Re: 90 days??(gulp) What's the big deal?  
Posted by Luria - 24 Feb 2010 16:42

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Hello

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Re: 90 days??(gulp) What's the big deal?  
Posted by silentbattle - 25 Feb 2010 00:25

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Glad you could drop by and say hello - if oyu have a few more seconds, you can even tell us what's been going on, and how you're doing!

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Re: 90 days??(gulp) What's the big deal?  
Posted by Luria - 26 Feb 2010 02:56

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Busy as usual but all is great. I dont always have time to sign on but I try to keep up with the chizuk emails. How are you doing?

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Re: 90 days??(gulp) What's the big deal?  
Posted by silentbattle - 02 Mar 2010 14:30

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Whoa...sorry it took so long to reply...I'm doing well - how was your purim?

Glad to hear that you're busy, but doing well! That's a good thing!

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Re: 90 days??(gulp) What's the big deal?  
Posted by Luria - 03 Mar 2010 03:18

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So last night was hard.. posted about it in "Im about to slip". But I got some great advice really quick (thanks shmirat einyaim and trying123!!). Anyhow, once I got to bed I was having trouble stopping the thoughts from coming and the more i tried to stop, the more the thoughts came - so I did something I haven't done in a while - silently prayed to Hashem to take the thoughts away for me cuz I couldnt so it on my own. and even though I haven't spoken to Him in a while, He was right there for me and helped me out.

Oh and even though I had a tough day, I noticed when I was falling asleep that I had a little  
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Re: 90 days??(gulp) What's the big deal?  
Posted by Luria - 21 Apr 2010 21:56

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Hey everybody

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Re: 90 days??(gulp) What's the big deal?  
Posted by Ineedhelp!! - 21 Apr 2010 22:24

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Hey welcome back, been a while. How you been?

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Re: 90 days??(gulp) What's the big deal?  
Posted by Luria - 18 May 2010 01:00

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10 days clean!! ;D

This is the most I've had in while - i was thinking about that today and that minute i had a slip. I gotta be careful but Im feeling strong again

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